

# **BLUE BELT**

*approximately 1-2 years*

## **MATERIAL TO KNOW:**

### **1. BASIC TERMINOLOGY, STANCES AND EIGHT BASICS (RECITE AND DEFINE)**

#### **2. ESCAPES:**

- A. Bear hug (any one of 4)
- B. Head Lock (One of two)
- C. Chicken Wing
- D. Rear Arm Grab
- E. Sweep to Mount Escape
- F. Inside Sweep to Guard Escape
- G. Prone Escape

#### **3. JUDO:**

- A. Front Sweep and Inside Sweep
- B. Front Hip Throw
- C. Shoulder Throw
- D. Front Short Hip Throw
- E. Side Short Hip Throw
- F. Deep Hip Throw
- G. Counters:
  - 1. Three Counters To Shoulder Throw Series
  - 2. Step Up Counter To Deep Hip Throw
  - 3. Reversal Counter To Front Sweep

#### **4. KATA:**

- A. Kata Ichi
- B. Tague I
- C. Pinan I
- D. Heian II
- E. Pinan III

#### **5. FRONT SIDE AND BACK ATTACKS**

20 From Each Direction

